In this issue, we discuss this month’s workshops, how two students celebrated Black History Month, our prominent protégé of the month, accomplishments of our members, and a sneak peek at our Spring Networking Event. Remember, if you need help, please feel free to reach out to your graduate assistant liaison or your mentor. We are here to help you succeed. We are very proud of all of you and what we have seen so far. Keep on working hard; we are almost halfway through the semester! Spring will be here before we know it, and then, of course, summer!

SAVE THE DATE!

<table>
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<th>Spring Break</th>
<th>How to: LinkedIn</th>
<th>Networking Event</th>
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<td>March 6 - March 10</td>
<td>Tuesday, March 14</td>
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<td>NO CLASSES</td>
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<td>Workshop #4</td>
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February Workshop Recap

**College Survival Guide**

*Friday, February 10, 2017 at 5:00pm | BL L82A*

Ph.D. Pathways kicked off February, our “College Survival” month, with an event specifically geared towards students struggling to stay afloat with all the competing responsibilities of academia. The Ph.D. Pathways graduate assistants led this event with presentations and discussions about the importance of and how to achieve successful time management, self-care, learning one’s limits to avoid over-committing, professionalism in emails and interviews, being proactive about searching for opportunities, networking, and knowing and utilizing the resources available to Ball State students. Students were given a resource guide the Ph.D. Pathways graduate assistants created to help them become educated and aware of what campus tools they can use and when to use them. Students and graduate assistants shared their academic horror stories, insights for improvement, and advice for successfully juggling all that being a high-achieving student entails.

**Don’t Stress About Stress with the Counseling Center**

*Thursday, February 23, 2017 at 5:00pm | TC 1008*

Ph.D. Pathways Program graduate assistants realize the importance of maintaining our mental health, especially when it comes to academics. Therefore, the Ph.D. Pathways Program reached out to the Ball State University Counseling Center to present a program on stress and how to cope with it on a regular basis. Alyssa Brown and Rachel Feldwisch of the Counseling Center led the workshop. Protégés who attended learned about the physical symptoms of stress, such as fatigue, change in appetite, soreness, and others. These symptoms could, of course, be symptoms of other variables, such as exercise or illness. Alyssa Brown led the group in a mindfulness activity, which left all of us feeling much more relaxed – and a bit sleepy as well! We hope that this workshop taught the protégés techniques in how to care for their mental health.
Celebrating Black History Month

As you may know, February is known as Black History Month, which celebrates African American history and all African Americans who have made an impact on all of our lives.

We were very proud to hear that two of our Ph.D. Pathways Program protégés had taken their celebration of the month to the next level. Sarah Rice and Kyra Woods, both freshmen, decorated their dormitory door to celebrate their culture and the successful African Americans who had made an impact on their lives in one way or another.

Rice and Woods stated their reason for decorating the door:

“We decided to decorate our door to share a piece of our history that many of our peers do not see on a daily basis. We see this month as a time to shed light on our culture and how it has shaped this country. Every day of this month, we post a "Fro-Fact" on our door to broadcast the successes of African Americans. Although we do not have every successful African American on our door, we try to pay homage to those who made our current education and lifestyles a possibility. There aren't enough words or art in the world to express our gratitude for those who came before us. We are proud of our Black history everyday, but we look forward to celebrating with others during this month.”

We are grateful to both Sarah Rice and Kyra Woods for sharing their story with us. Happy Black History Month, everyone!
Prominent Protégé of the Month: 
Isa Escobio

Isa Escobio, a junior majoring in Interpersonal Communication Studies, is our prominent protégé of the month. Isa’s mentor is Dr. Katherine Denker, with whom Isa has been working with closely since the fall semester of 2016.

Isa was chosen as the prominent protégé of the month due to her strong working relationship with her mentor and due to her philanthropy with Camp Kesem. Isa is being guided by her mentor in writing an auto-ethnography on being part of a family with someone who identifies as transgender. She hopes to share her family’s story on how they all transitioned along side her sister.

Isa speaks very highly of her mentor and the Ph.D. Pathways Program, saying, “Kathy has been a better mentor than I could've ever imagined. We try to meet just about every week and we have conversations ranging from social issues, to education, to future plans. I've learned more about my major and what my future can entail, and that is very comforting for me. Without her I wouldn't have thought to take on writing an auto ethnography, and I wouldn't feel as confident as I do about pursuing a higher education.

I hope to graduate next May and complete my masters degree here at Ball State. Before this program I never thought to pursue a Ph.D., I just didn't think it was for me. Now, I'm confident that I will continue my education beyond my masters degree, and hopefully come back to my Ball State roots in the future.”

As mentioned, Isa also works with Camp Kesem over the summer. Students raise a minimum of $500 to cover the cost of one child’s full week at camp. The student executive board then holds a one week overnight camp for the children. Isa said, “Everyone becomes so close to these kids, we become a family, and I think that's the most important part of it all. That bond is what Camp Kesem is all about; it's about becoming a second family and finding some positivity in the worst of experiences.”

If you would like to donate towards the $500 that Isa must raise, please visit the Camp Kesem Facebook page, “Camp Kesem at Ball State University.”
Accomplishments Thus Far by Ph.D. Pathways Members

We would like to take this time to recognize the accomplishments of our protégés since the fall semester of 2016.

Christopher Canady has recently won two awards. He was named the 2016 Greek Leader of the Year through the Ball State Office of Greek Life. He was also named the College Brother of the Year through his fraternity, Alpha Phi Alpha Fraternity, Inc.

Adore Davis helped come up with the idea for the Immigrant Day protest on campus at the Quad with the Ethnic Theatre Alliance.

Derald Gray created a website with his mentor, Dr. Dominic Caristi, for Derald’s videography business: www.deraldgray.com. Derald also created a video about Black History Month titled, “Ball State NABJ Black History Month Video,” which can be viewed on YouTube at: www.youtube.com/watch?v=uLMYiru6G14.

Zoe Harvey made the Dean’s List last semester. She has begun working with a visual performance group at the Indiana School for the Deaf. She helps choreograph dances, come up with drum line routines, and help with hair, makeup, and costumes. She also won a couple of scholarships last semester, one of which was featured in the Teachers College.

Kristyn Hobbs finished her semester off with a 3.9 GPA. She is currently excelling at her internship at Delaware County CASA.

Briana Lomax has lined up an amazing internship for the summer. She will be working for Crossroads in the heart of Chicago. It is a 10-week internship in which students from all over the country will be working on local projects for the CRU (formerly known as Campus Crusaders for Christ). She will be planning and organizing marketing strategies for a few conferences.

Michael Mares was appointed Justice for the Student Government Association last month. He is also the Vice President for an LGBT political action/social justice organization.

Noah Quinones’s fraternity, Pi Kappa Phi, was awarded the 2016 IFC Chapter of the Year. As well, their chapter advisor was recognized as a top advisor among the Greek Life fraternity.

Lauren Ravenell has been on the Dean’s List for the past three semesters. She was also published in the National Conference magazine for the BDPA Conference 2016. She has also been selected for a summer internship position at Eli Lilly and Company for this upcoming summer.

Jocelyne Rico has been registered to participate in the Undergraduate Research Conference (URC) at Butler University on April 7th, 2017. She also was appointed as a senator in the Student Government Association.

Linda White is the editor of a magazine, Ball State Research, which was published this past November. The following link provides access to see her work: https://issuu.com/ballstatespo/docs/research_2016_1116.

Our graduate assistants also have some accomplishments to share as well.

Allison Cipriano will be presenting a talk at the 89th Annual Midwestern Psychological Association Meeting in Chicago, IL, which is taking place April 20 to April 22. She will also be studying abroad this summer in Amsterdam.

Maegan Pollonais will be singing the role of Marcellina in Ball State Opera Theatre's production of W.A. Mozart's Le nozze di Figaro on March 30th at Sursa Hall at 7:30pm. This summer she will be competing in the 5th Annual Voice Competition by the Picoplat Opera Society in Trinidad and Tobago in the Caribbean as well as performing the role of Third Lady in their production of Mozart's Die Zauberflote.

Paulina Wojtach will be presenting at the 125th Annual Convention for the American Psychological Association in Washington, D.C., which will take place August 3 to August 6. She will also be studying abroad this summer in Iceland.
We Want To Hear From You!

Do you know a prominent protégé? Have you heard about any of our amazing alumni? Have you recently presented at a conference? Are you doing anything exceptional yourself either academically or extracurricularly?

*Let us know!*

Please e-mail Paulina Wojtach, pwojtach@bsu.edu, with any stories that you think we should feature in our newsletter.

Coming Soon: Spring Networking Event

Towards the end of March, the Ph.D. Pathways Program will be collaborating with the Graduate School for our Spring Networking Event! It's going to be big!!!!

It will feature different Ball State groups and organizations as well as Muncie community organizations. It will be a great opportunity for all protégés to meet and network with the multiple leaders in our campus community as well as help improve our networking skills. Free professional headshots will be taken so dress to impress! These headshots can be used for your portfolio, business cards or even your own website. Be creative and get your name out there! Look out for more information! Meeting new people, possible jobs, internships, headshots, food, getting your name out there! What more can you want? Hope to see you then!

A date and location will be e-mailed as soon as they are finalized. So keep checking on your e-mail!

CONTACT US!

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